

Norman Park Center

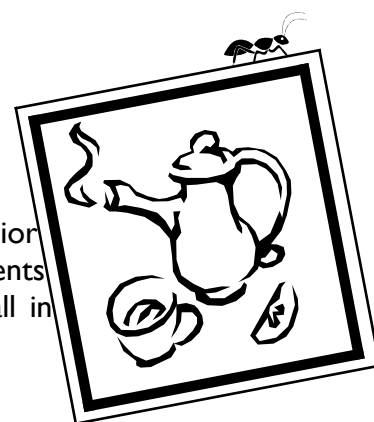
May & June



Memories Tea

Thu May 13 1:00 pm

This is a free event sponsored by the Chula Vista Senior Citizens Club to honor the Senior Service Award recipients for the year. Special tea and dessert will be served for all in attendance.



Norman Park Open House

Sat May 22 10:00 am- 1:00 pm

INSIDE THIS ISSUE:

Special Notices	2-3
Health & Safety	4
Daily Events Calendar	5
Monthly Calendar	6-7
Around Town Classes	8
Volunteer Opportunities	9
Computer Corner	9
SeniorNet	9
Club News	10
Trips	11
Special Notices	11
Staff	12



Center programs will be highlighted with displays and performances. Lunch will be served by the Barbecue Pit for \$2.00 between 11:30-12:30 pm. Tickets will be sold at the door on a first come, first serve basis. The event will kick off with music from the B-Jays. Door prize winners will be announced throughout the event.

Older Americans Month Birthday Party

Thu May 27 1:00 pm



This party is honoring Seniors 90 years and older from the local community. Entertainment will be provided by "Sound Unlimited" a nationally ranked show choir from Bonita Vista High School. April & May Birthdays are free along with those over 90 years. Everyone else is \$1.00.

This party is sponsored by Norman Park Center, Commission on Aging and the Chula Vista Senior Citizens Club.

San Diego County Fair

Thu June 24 8:30 am- 4:00 pm

This years fair theme is "Seussentennial". Please register in the Trip Office, Monday or Thursday. The cost is \$10.



Special Notices

Hours of Operation

M, T, W, & F 8:00 am– 10:00 pm

Thursday 8:00 am– 9:30 pm

Sunday 1:00 pm–5:00 pm

Trip Office

M & Th 10:00 am– 1:00 pm

Phone Numbers

Receptionist: 691-5086

Hostess Desk: 691-5023

Trip Office: 476-5356

Information & Referral 691-5087

Class Fees

(Resident/Non-Resident)

Ballroom Mon \$2/\$2.50

Line Dance Tue \$3/\$3.75

Night Dance Tue \$3 for all

Strength Tr. Wed \$1/\$1.25

Yoga– pm Wed \$1/\$1.25

Yoga-pm Thu \$25 for all



Closed
Monday, May 31
Memorial Day

Macular Degeneration Talk

Tue June 15 1:00 pm

Jodi Shepard, from the SD Center for the Blind & Visually Impaired will speak about macular degeneration. The talk will cover topics including the 2 types of available treatments and ways to adapt to visual impairment.

Elder Law Seminar

Wed May 5 1:30—4:30 pm

This is a great opportunity to have your legal questions answered. A roving band of lawyers will discuss legal issues impacting seniors in San Diego. A question and answer session will follow.

Transportation for Seniors

Lutheran Social Services has volunteers who transport Seniors to doctor appointments in Chula Vista, Kaiser Zion, Veteran's Hospital, the grocery store and Norman Park Center. Call 476-7055 to register at least 2 weeks before you want to request your first ride.

The cost is \$3.00 each way/ free for disabled or low income.

Movies

Fri May 14 1:00 pm

A dramatic comedy
starring Michael Caine
and Robert Duvall

Fri June 11 1:00 pm

A romantic comedy
starring Jack Nicholson
and Diane Keaton.



Rainforest Presentation-Garden Club

Thu May 20 1:00 pm

Ron Hurov, botanical explorer, will speak on the "Gifts from the Rainforest". Following the presentation the Garden Club will host an ice cream social.



Homeowners and Renters Assistance

July 1—Oct. 12

The Franchise Tax Board offers a rebate of Property Tax each year to low income, disabled seniors. Free assistance with filling out forms will be provided by trained volunteers. We have forms and workbooks. Please bring proof of age or disability, proof of income (tax return), property tax bill or rent receipts, and proof of citizenship if applicable. Call 691-5086 to make an appointment.

Benefit Card Party and Luncheon- Meals on Wheels

Mon June 7 10:00 am- 2:00 pm

Meals on wheels is hosting a Bridge and luncheon gathering at Congregational Church (Bradley Hall) to benefit the Meals on Wheels Program. The cost is \$12, which includes lunch. Call 420-2782 before May 25th if you are interested in attending.

Senior Recognition

On March 30th, the Tuesday Night dance recognized Irene Callahan & Gloria Sosa. Both Irene and Gloria have volunteered countless hours to make the dance a great weekly event. David Krueger, the Dance Chairman presented a bouquets of roses to each of them.



Life Options Project

Interested in sharing ideas, experiences and interests with people in transition between work and retirement and volunteer service. The Life Options Project is looking for volunteers to lead focus groups concerning mid-life issues, job hunting, caregiver support, employment and volunteer options. Meetings are scheduled for May 5th and June 2nd at 2:30 pm at the Life Options Annex. The Annex is open Mondays & Tuesdays from 9 am- 3 pm.

Receive the Newsletter at Home

By Mail: \$7.00 per year. Please make check out to the City of Chula Vista.

By E-mail: Send your e-mail address to us at NPCNTR@ci.chula-vista.ca.us. In the RE: newsletter request.

www.LifeOptionsSouthBay.com



Directions & Connections for People Over 50

Visit Life Options Annex at
 Norman Park Center
 270 F St., Chula Vista
 (619)691-5086
 Mondays and Tuesdays
 9 am-3 pm

Southwestern College
 Life Options Annex
 900 Otay Lakes Road
 Building 1600
 619-482-6375
 Mon-Fri 8 am- 4:30 pm

A place to find information and opportunities for those over 50 looking for an active and rewarding retirement.

- Education & Learning
- Volunteer Opportunities
- Employment Training
- Health & Fitness
- Recreation & Travel





Health & Safety

Anna's Wellness Column

"Few cases of eyestrain have been developed by looking at the bright side of things." - Author Unknown

Cancer, at its most basic, is the uncontrolled growth and spread of abnormal cells within a person's body.

Warning signs of cancer include:

a change in bowel or bladder habits; a sore that does not heal; a change in a wart or mole; persistent cough or hoarseness; unusual bleeding or discharge; thickening or lump in the body; difficulty swallowing; and unexplained weight loss.

Being diagnosed with cancer is not a death sentence. The type of treatment available will depend on several factors, including the type of cancer, how far it has progressed and the desires of the person with cancer.

Some of the available treatments include: 1) surgical removal of the cancer; 2) radiation, which kills cancer cells while they are dividing; 3) drug therapy; 4) immunotherapy, which triggers a person's immune system to fight the cancer; and 5) a combination of said treatments.

A new type of treatment, "smart drugs" looks very promising for recurrent cancer and cancers that are advanced at the time of diagnosis. These drugs interfere with cancer growth and have fewer side effects than aggressive, curative treatments. These drugs can help to stabilize the cancer and allow people to live for many years.

From: Understanding Your Health, 7th Ed., by Wayne Payne and Dale Hahn and Health After 50 (The John Hopkins Medical Letter), October 2003, Vol. 15, Issue 8.

Cholesterol Talk

Tue May 4 2:00 pm

Do you want to know how to lower your cholesterol? Learn about lifestyle changes that can help with this. Erma Hernandez from Paradise Valley Hospital's Center for Health Promotion will be the speaker.

Support Groups

Offered through Sharp Chula Vista

Parkinson's:	(619) 482-5802
Stroke:	(800) 827-4277
Diabetes:	(800) 827-4277
Mended Hearts:	(619) 477-7703
Bereavement:	(619) 482-5802
Congestive Heart Failure:	(619) 482-4045
Caregiver:	(619) 677-1900
Alzheimer's:	(619) 267-6104

Are You Okay?

Do you have a friends or relative that you check on who lives alone? Is it getting harder to check on them, but you don't know how else to help? Norman Park Senior Center offers a free phone service called "Are You OK?" Monday through Friday, at a specific time each morning, we call to make sure the people enrolled in the program are still safe and sound. Staff would be happy to answer your questions about this and other free services designed to keep older adults independent and safe. Together we can make a difference.

Daily Events

Group	Day	Time	Group	Day	Time
Ballroom Dance	M	1:00 pm	Party Bridge	Su	1:00 pm
 Bereavement (San Diego Hospice)	Th	1:00 pm	Party Bridge	F	6:45 pm
Blood Pressure (Red Cross)	F	8:30 am	Progressive Bridge	W	6:45 pm
Canasta	Su	12:00 pm	Quilting	Tu	1:30 pm
Casual Crafters	W	9:30 am	Scrabble	M, W, F	1:00 pm
Chess	M, W, F	7:00 pm	Shuffleboard	Tu & Th	9:30 am
Chicago Bridge	M, Tu, F	12:30 pm	Singing Seniors	Tu	2:00 pm
Computer Class	M, T, W, TH	9:00 am	Solo Seniors	W	1:30 pm
Computer Class	M	1:00 pm	Spanish	W, F	9:45 am
Computer Club	First W	2:00 pm	Strength Training	W	6:00 pm
Computer Club	W	7:00 pm	Swingy Singers	M	2:00 pm
Computer Lab	Tu	1:00 pm	Tai Chi (Beg.)	W	9:00 am
Computer Lab	W	12:00 pm	Tai Chi (Int/Adv.)	W	10:00 am
Creative Writers	Tu	2:00 pm	TOPS	F	12:00 pm
Duplicate Bridge	M	6:15 pm	Tues. Night Dance	T	6:30 pm
Duplicate Bridge	W	12:30 pm	Ukulele Class	T	10:00 am
Exercise	M– Th	8:00 am	Watercolors	M	9:00 am
Farnum Dup Bridge	M	6:15 pm	World Affairs	M	10:00 am
Line Dance (Adv.)	Tu	10:00 am	Yoga (Chair)	W	7:15 pm
Line Dance (Beg.)	Tu	11:00 am	Yoga	Th*	5:00 pm
Longevity Stick	Tu	9:00 am	Yoga	Th*	7:15 pm
Longevity Stick	Sa (Marina)	8:00 am	Yoga	F	8:00 am
Mah Jongg	M	1:00 pm	* No Class the first Thursday of the month in Mar-April.		
			Saturdays: The center is available for rentals from 8 am– 11 pm.		

Classes Requiring Pre-registration



Name	Date	Day	Time	*Cost	Call to Register
55 Alive	May 19 & 21	W & F	12:30 pm	\$10.00	(619)641-7020
55 Alive	June 16 & 18	W & F	12:30 pm	\$10.00	(619)641-7020
Computer Class Registration		M	10:00-12:00	R: \$20 NR: \$25	
Computer Class Registration		Th	12:00-3:00		

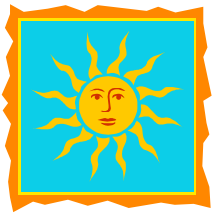
* R– Resident, NR– Non-Resident



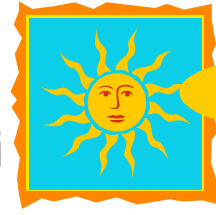
May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2 Open 1-5 pm	3 10:00 Garden Club Board Meeting	4 2:00 Cholesterol Talk Rm 10	5 1:30 Elder Law Seminar 2:00 Computer Club Rm. 11 2:30 Life Options Meeting	6 11:00 Newcomers Orientation 12:00 CVSC Club Pot Luck 12:30 Sr. Club Mtg. 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10	7 10:00 Photo Group	8
9 Open 1-5 pm	10	11 3:00 Talent Show fireplace	12 3:00 Commission on Aging Conf Room	13 1:00 Memories Tea	14 1:00 Movie	15
16 Open 1-5 pm	17	18 10:00 Pay Your Bills Through the Internet 12:30 La Ronda 2:00 Sing Along by the Fireplace	19 12:30 55 Alive Rm. 10 Driving Class	20 8:30 Vision Impaired Group 10:00 Volunteer Mtg. Rm 6, 7 1:00 Garden Club Rm. 9- 11 Rainforest Presentation Ice Cream Social	21 10:00 Photo Group 12:30 55 Alive Rm. 10 1:00 Scootin' Scooters	22 10 am Norman Park Open House
23 1:00 pm Parasol Strutters 30	24  CLOSED Memorial Day	25 2:00 Investment Group Rm 10	26 12:00 Bonita Artists Potpourri Rm 9-11	27 1:00 Older Americans Month Birthday Party Cornell Hall	28 12:30 Duplicate Bridge Rm. 7 & 8	29



June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1	2 2:00 Computer Club Rm. 11 2:30 Life Options Meeting	3 11:00 Newcomers Orientation 12:00 Senior Club Potluck 12:30 Sr. Club Mtg. 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10	4 10:00 Photo Group 9	5
6 Open 1-5 pm	7 10:00 Garden Club Board Mtg. Rm. 11	8 3:00 Talent Show	9 3:00 Commission on Aging Conf. Rm.	10 1:00 CV Senior Club Bingo Rm 9-11	11 1:00 Movie Rm 9	12
13 Open 1-5 pm	14	15 12:30 "La Ronda"- Potluck 1:00 Macular Degeneration 2:00 Sing Along by the	16 12:30 55 Alive Rm. 10	17 8:30 Vision Impaired Group 10:00 Volunteer Mtg. Rm. 6, 7 No Garden Club 1:00 Mary's Bridge Rm. 6	18 10:00 Photo Group 9 12:30 55 Alive Rm. 10 1:00 Scootin' Scooters Rm. 7 & 8	19
20 Open 1-5 pm	21	22 2:00 Investment Group	23 12:00 Bonita Artist Potpourri Rm. 9 -11	24 8:30 am- 4 pm San Diego County Fair Trip Sponsored by CV Senior Club	25 12:30 Duplicate Bridge Rm. 7 & 8 Rm. 9 -11	26
27 Open 1-5 pm 1:00 pm Parasol Strutters	28	29	30			



Around Town Classes

YMCA

1201 Paseo Magda 421-8805

Senior-Cise

M W F 10-11 am

Sat 10:15 am

Senior-Cise I

T 10:45-11:45 am

Th 10:45-11:45 am

Sat 10:15-11:15 am

Tai Chi

M 11 am-12:15 pm

F 11:15 am-12:15 pm

Yoga

Sat 11:15-12:45 pm

M,W 9:00 - 10:30 am

Pace (arthritis) Exercise

T, Th 12 - 12:45 pm

Aquacise

M-Sat 7:30 - 8:15 am

Deep Water Aerobics

M W F 11-11:45 am

T, Th 11-11:45 am

FREE to YMCA members.

Non-members \$40.00 for a 10 class punch card.

Requires pre-registration.



Widowed Support Group

Sponsored by Scripps Hospital Well Being Center

If you have lost your mate, this group may be useful for you in coping with your loss. Meetings are held every **Second & Fourth Monday** from 10 am until Noon on the second level at the Chula Vista Shopping Center. For more information, call Joan Hubbell, at 690-2333.

Congregational Towers

288 F St. 420-8700

English as a Second Language

M W F 2:00 - 4:00 pm

Exercise

T Th 12:30 - 1:30 pm

Loma Verde Pool

1420 Loma Ln. 691-5081

Water Aerobics

M W F 11:00 am - 12:00 pm

Deep Water Aerobics

M W F 12:00 - 1:00 pm

* Check Parkway Pool for their program schedule. 691-5081

Heritage Comm. Ctr.

1381 E. Palomar St. 421-7032

Jazzy Line Dance-\$45- 10 weeks

T Th 7:00 - 9:00 pm

Aerobic Combo-\$55- 10 weeks

T Th 9 - 10 am

Intro to Clay- \$45- 10 wks

T Th 7 - 8:30 pm

Villa Serena

1231 Medical Ctr Dr. 934-8001

Feeling Fit Club Exercise

M W F 11:30 - 12:30 pm

Town Center Manor

434 F Street

Feeling Fit Club Exercise

M W F 1:00 - 2:00 pm

Sharp Chula Vista

Senior Resource Center

(619) 482-5802

**To register for classes please call
(800) 827-4277.**

A Workshop for Persons with Memory Problems and Their Care Partners

Mon., May. 10 9:00 - 11:00 am

Presented by the Alzheimer's Association, this seminar will improve communication with your doctor, improve relationships between patient and caregiver, help you to prepare for doctors' visits, reduce stress, and help you ensure the best health care possible.


Celebrate Older Americans' Month Birch Patrick Health Fair

Fri., May. 14 10:00 - 2:00 pm

Join Sharp HealthCare and over a dozen community partners as we provide information, screenings and an opportunity to tour Birch Patrick Rehabilitation. Nurses therapists and social service providers will be available to answer questions.

Meet the Chef- Richard Nagel, SCVMC Chef at YMCA Teen Center Rancho del Rey

Fri., June. 18 12:15 - 1:30 am

Chef Richard teaches his class how to make delicious, nutritious home made soups in the microwave. Not only will you learn culinary techniques, but you will be entertained and sample wonderful treats! 

Volunteers Needed

Computer Teachers for Norman Park

SeniorNet, our Computer Learning Center, is looking for volunteers to teach basic computer skills and advanced computer classes to older adults, and to assist with office duties. Please contact Karen 691-5086 if you are interested.

Senior Mentor Opportunity

Senior mentors work with the Child Development Specialist at South Bay Community Services to provide mentoring to families, assist with parenting classes and parent-child playgroups, enhance literacy by reading stories to the children, help families access the library and help families to link up to beneficial relevant services.

Qualifications:

Able to work 15 hours per week. Ability to work with a diverse population. English/Spanish a must. Must attend mandatory orientation, trainings, and meeting. Possess the qualities of reliability, confidence, patience, empathy, respect for others, and effective communication skills. **\$225.00/month stipend.** Applications available at Norman Park Center or The Life Options Annex.

Computer Corner

SeniorNet Computer Classes

Computer classes are offered through this program. This series of classes starts with the basics. Advanced courses and seminars are also offered. Each course consists of 4- 3 hour classes.

Registration is open on Mon 10-11:30 and Thu 1-3 pm.

SeniorNet membership: \$40.00/yr. (required)

Class registration: \$20 (residents), \$25 (non-residents) per class.

Please bring two checks to pay for membership & registration.

Class schedule available at Norman Park Center.

Paying Your Bills Through the Internet

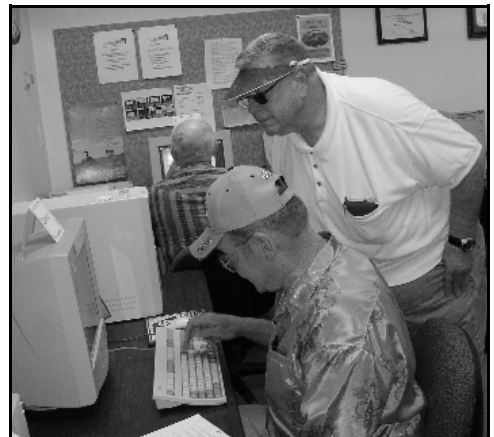
Tue May 18 10 am- 12 pm

FREE Seminar that will teach you the time saving skill of using the internet to pay your bills.

Create a Card Class

This is a one-on-one class where you learn how to make original cards for any occasion. Class is held on Friday mornings. Arrangements will be made by the instructor.

FEE: \$10



Club News

Chula Vista Senior Citizens Club

Potluck & General Meeting

Thu May 6 12:00 pm

Thu June 3 12:00 pm

Please bring a potluck dish for 6 to 8 people. Eat and stay for the meeting.

Bingo

Thu June 10 1:00 pm

The Chula Vista Senior Citizens Club is hosting a bingo party with prizes!

BINGO

Oxford Senior Citizens Club

333 Oxford St.

Board Meeting

Friday, May 7 1:00 pm

Bingo

May 14 1:00 pm

Potluck

May 21 12:00 pm

Birthday Potluck

May 28 1:00 pm

Newcomer Orientation

Thu May 6 11:00 am

Our Hospitality Committee will welcome new members and answer questions about programs, trips and volunteer opportunities. If you would like to become a member, join us for a potluck. Please bring enough food to share with 6-8 people and your place setting.

Tuesday Night Dance Themes

Tuesdays 6:30 pm

\$3 at the door

May 4- "Cinco de Mayo"

May 25- Formal Nite

June 8- Summer Time

June 29- Formal Nite/ 4th of July

July 27- Country Western



VOLUNTEER OF THE MONTH

May & June

Gerry Mc Anelly

Gerry was born in Providence Rhode Island. Her husband, Bob, was in the U.S. Navy. During his tour of duty they lived in California, Florida, Maryland and in the Philippines.

She has lived in Chula Vista since 1973 and joined Norman Park in January of 2003. Since she has been involved at Norman Park she has volunteered as a Hostess and is the Club Historian. Here at the Center she is known as the "Energizer Bunny" for her positive spirit and constant enthusiasm.

Trips



DAY TRIPS

DESCRIPTION	DATE	COST
Mystery Day Out	May 4	\$55
HIS LAI Buddhist Temple	May 11	\$49
Lunch in Ensenada	May 19	\$54
LA Farmer's Mkt. & The Grove	May 27	\$46
San Diego Fair	June 24	\$10
Museum of the American West	June 30	\$38

EXTENDED TRIPS

Catalina Getaway	June 2-4	\$348 PP Double
Laguna Pageant of the Masters	July 7-8	\$286 PP Double

TRIP SHEETS with details on all of the trips are available at Norman Park and Oxford Senior Center.

Trip Office Hours: Monday & Thursday 10:00 am - 1:00 pm 476-5356

Special Notices



HICAP- Health Insurance Counseling and Advocacy Program

We have two new counselors and an additional day each month for appointments. Call 691-5086 for an appointment here at Norman Park Center. HICAP provides help to persons on Medicare to understand their Medicare benefits, supplemental insurance and HMO options. Long Term Care insurance counseling is also available by calling the main office (858) 565-8772.

Count the Ants Contest

Count **ALL** the ants you can find in the newsletter and fill out the entry form and return to Receptionist Desk by June 30, 2004. (One entry per person please)

Three Winners will be drawn randomly from all the correct answers.

Count the Ants Contest

Name: _____

Phone: _____

Number of Ants: _____

Staff

Senior/ Human Services Supervisors

Recreation Supervisor III Karen Harvell
 Recreation Supervisor II Kathy Wigginton
 Recreation Supervisor II Carmel Wilson

Senior/ Human Services Staff

Lorraine Abril
 Noah Clifton
 Kara Corley
 Shani Crawley
 Millie Day
 Marie Gallagher
 Louann Guzman
 Bruce Harris
 Katie Henning
 Danette Myers
 Anna Solis

Chula Vista Senior Citizens 2004 Officers

President: Geri Page
 1st Vice President: Joan Nicholson
 2nd Vice President: David Krueger
 Secretary: Bonita Price
 Treasurer: Rosemary Haas

Oxford Senior Citizens 2003 Officers

President: Lucille Besch
 Pres. Pro-Temp: Don Jones
 Vice President: Frank Luken
 Secretary: Marie Ericson
 Treasurer: Virginia Kwicinski



As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department
 Norman Park Senior Center
 270 "F" Street
 Chula Vista, CA 91910